



## Parent Illness Guide

Parents, please check your children for signs of illness each morning. Then, use the following guidance to better understand when to keep your children home from school. If your child has specific symptoms or is diagnosed with a specific illness, please let your school know.

If your child has symptoms of COVID-19 or has tested positive for COVID-19:	Next Steps: COVID-19 Symptoms or COVID-19 Positive
<p>If your child has any of these symptoms that are new and not due to a health condition they already have, they should stay home.</p> <ul style="list-style-type: none"> <li>● Fever or chills</li> <li>● Headache</li> <li>● Cough</li> <li>● New loss of taste or smell</li> <li>● Shortness of breath or difficulty breathing</li> <li>● Sore throat</li> <li>● Fatigue</li> <li>● Congestion or runny nose</li> <li>● Muscle or body aches</li> <li>● Nausea or vomiting</li> <li>● Diarrhea</li> </ul>	<p>If your child tests positive for COVID-19; or they have symptoms of COVID-19, but do not get tested:</p> <ul style="list-style-type: none"> <li>● Keep your child at home. When counting days, day zero (0) is the test day or the day that the student’s symptoms started.</li> <li>● If a student tested positive and is asymptomatic, or has mild and improving symptoms, they can return to school on day 5 (test day or start of symptoms is day “0”) without a test. It is <u>recommended</u> that they wear a mask for days 6 through 10 while at school and/or around other people.</li> <li>● If your child tests negative for COVID-19, see the table below; your child can return to school based on their main symptoms.</li> </ul> <p>If your child tests positive for COVID-19:</p> <ul style="list-style-type: none"> <li>● The parent should contact the school so that a return date can be established and absences properly documented.</li> <li>● The parent should tell their child’s out of school close contacts. Parents can use <a href="http://www.tellyourcontacts.org">www.tellyourcontacts.org</a> to do this.</li> </ul>
<p>If your child has tested positive for COVID-19, they should stay home.</p>	
If your child was exposed to COVID-19:	Next Steps: COVID-19 Exposure
<p>If your child was exposed to someone contagious with COVID-19, follow the next steps outlined to the right:</p>	<ul style="list-style-type: none"> <li>● CLOSE CONTACT AT SCHOOL - Stay in school unless the student develops symptoms; Students should monitor for symptoms through day 10.</li> <li>● CLOSE CONTACT LIVES WITH - Stay in school unless the student develops symptoms; Students should monitor for symptoms through day 10.</li> <li>● Consider getting your child tested for COVID-19 anytime symptoms occur. <ul style="list-style-type: none"> <li>○ MDHHS recommends testing 3-5 days after they were exposed if they are not up to date on their COVID-19 vaccine, or have not had a diagnosed case of COVID-19 within the last 90 days.</li> </ul> </li> </ul>

### General Symptoms - If your child is sick due to another illness or tests negative for COVID-19:

Most importantly, parents should follow the advice of their child’s healthcare provider. This information is provided as a guide to assist parents in determining when children are able to return to school, but should not serve as a replacement for guidance or directives provided by a medical or healthcare professional.

GENERAL ILLNESS or SYMPTOMS	NEXT STEPS: WHEN TO RETURN TO SCHOOL
<b>Fever of 100.4° F or above</b>	Fever has ended for at least 24 hours without use of fever-reducing medication such as acetaminophen (i.e., Tylenol) or ibuprofen (i.e., Motrin, Advil).
<b>Vomiting (defined as vomiting two or more times within one day)</b>	Vomiting has ended for at least 24 hours, and the child can hold down food and water (OR a healthcare provider has determined their vomiting is not infectious). If they were diagnosed with <b>norovirus</b> , then they should be 2 days (48 hours) without vomiting before returning.
<b>Diarrhea (defined as two loose bowel movements in one day)</b>	Diarrhea has ended for at least 24 hours (OR a healthcare provider has determined it is not infectious). If they were diagnosed with <b>norovirus</b> , then there should be 2 days (48 hours) without diarrhea before returning.
<b>Rash with fever</b>	Any rash with fever should be checked by a healthcare provider. The student can return once the rash has a diagnosis, and known to not be contagious, is being treated, or has healed.
<b>Skin sores (if weeping or draining)</b>	The student can return if the sores are covered with a waterproof dressing and drainage is contained.
<b>Impetigo, lice, ringworm, or scabies</b>	The student may return after receiving the proper treatment for the condition.
<b>Fifth Disease</b>	Follow the advice of your child’s healthcare provider; however, the child may not need to stay home if they feel well.
<b>Hand, foot, and mouth disease</b>	If none of the blisters on the hands are draining or the drainage is contained, the student can go to school.
<b>Impetigo</b>	After receiving at least one dose of treatment; Cover the lesions if possible.
<b>Influenza</b>	The student should stay home until the fever has ended for at least 24 hours without use of fever-reducing medication.
<b>Mononucleosis</b>	The student can return when able to tolerate school activity; no sports until cleared by a healthcare provider.
<b>MRSA</b>	Keep the area covered and drainage contained; follow the advice of your child’s healthcare provider.
<b>Pink Eye</b>	Follow the advice of your child’s healthcare provider; however, the child may not need to stay home if they feel well.
<b>Strep throat/Scarlet Fever</b>	Stay home for at least twelve (12) hours after the start of antibiotic treatment.